





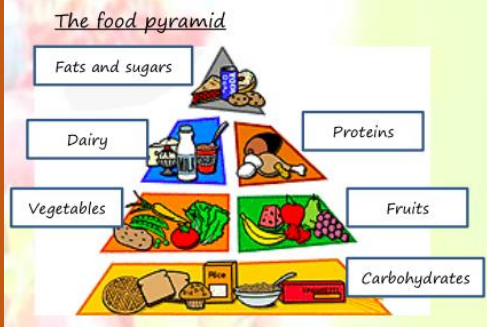
Key People/Scientists	
	<p><b>Florence Nightingale</b> was a famous British nurse who lived from <b>1820 to 1910</b>. She helped to make hospitals more sanitary places and wrote books about how to be a good nurse. Much of what we know about clean, organised hospital conditions today is thanks to <b>Florence's</b> hard work and research.</p>
	<p><b>Louis Pasteur</b> was a French scientist who was born in <b>1822</b>. Pasteur proved that germs can cause milk to sour or juice to become wine. He proved that germs can make people sick too. Pasteur invented vaccines for cholera, anthrax, small pox and rabies.</p>

Key Questions	
What do animals and humans need to survive?	Animals and humans need food, water and air to survive.
What do humans need to eat?	Humans need to eat a balanced diet including foods from each food group.
Why is exercise important for keeping healthy?	Exercise is important because it helps to keep our bodies healthy by strengthening muscles, is good for our hearts and it makes us feel good.
How do germs spread?	Most germs are spread through the air in sneezes, coughs or even breaths. Germs can pass from person to person by touching something that is contaminated, like shaking hands with someone who has a cold and then touching your own nose.

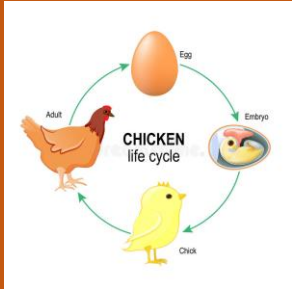
Misconceptions
Death is not reversible.
A human is an animal.

**Diagrams/Visual Aids**

*The food pyramid*



**CHICKEN life cycle**



Key Vocabulary	
offspring	A human child or an animal child.
grow	An increase in size by natural process.
adult	A person who is fully grown or developed.
nutrition	Nutrition is giving your body the food it needs for it to grow and be healthy.
hygiene	The practice of keeping our bodies clean to stay healthy and help to stop the spreading of germs.
survival	Something that survives.
exercise	Moving parts of the body to become stronger and healthier.
life cycle	The stages a living thing goes through during its life.
reproduce	Reproduction is the process by which a living thing creates a likeness of itself.